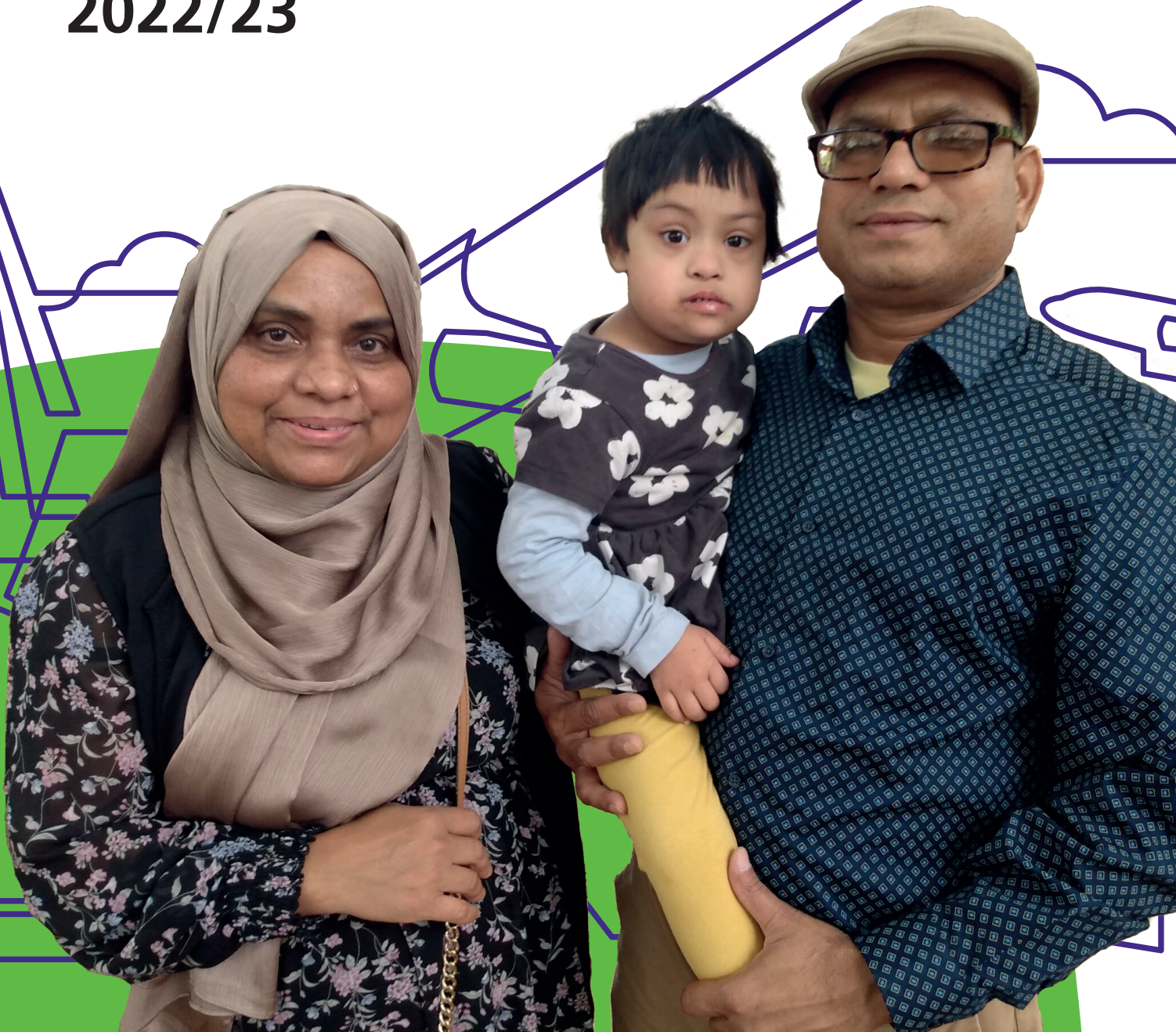




ELFT
CHARITY

EAST LONDON FOUNDATION TRUST (ELFT)

Charity Annual Report 2022/23



We care
We respect
We are inclusive

NHS

East London
NHS Foundation Trust

A WORD FROM OUR CHAIR

Aamir Ahmad



What an exciting year it has been for ELFT and our Charity. We have provided grants for numerous projects across our geographies that have delivered a significant impact on the wellbeing of many of the most vulnerable in our communities. The feedback has been overwhelmingly positive, with many of those benefiting from these projects saying that it has been life changing.

In healthcare we are uniquely placed to see some of the most disadvantaged and vulnerable people in our society. The distress and health conditions they face are often caused by deep rooted inequities, the solution of which goes beyond purely medical interventions and which requires a focus on prevention and systemic issues. Working within ELFT I have seen many people helped as much by social connection, peer support, people participation and social prescribing as by medical interventions.

This is why I am so excited that ELFT has identified population health as a strategic goal, looking at prevention and the broader impacts we can make to alleviate suffering. Our Charity is a key part of this as it can fund projects that are over and above services normally commissioned by the NHS.

In this first year of our charity being formally established we have funded 38 extraordinary projects. We have made use of over £140,000 helping people with a wide range of issues such as social isolation, lack of digital access, financial pressures and access to green space and healthier living.

This is just the beginning of an exciting period for ELFT and our Charity and we hope to grow the number of projects that we fund, creating life changing impacts on the people we support and helping achieve our population health goals.

Aamir Ahmad
Vice Chair ELFT
Chair of the ELFT Charity Committee



Why an ELFT charity?

Around 1.9 million people live in the areas ELFT serves – 900,000 in London and one million in Luton, Bedford and Central Bedfordshire. These are fast growing population areas and include some of the highest levels of poverty in the UK.

The ELFT charity provides a flexible and creative way to support local people with their health and wellbeing in the communities where they live. In

addition, it can help support the testing of new ideas to improve health and reduce health inequalities. Stories shared in this report show what is already being achieved and the growing impact the charity will make in the years ahead.

This report focuses on grants received in the Charity's first year - April 2022 to end of March 2023.

Our Mission

For its first year, ELFT's Charity Committee agreed a focus on supporting service users. Three key priorities were identified to support this aim:

Improving
Social Networks

Improving
Employment Prospects

Improving
Digital Accessibility

All services across the Trust were encouraged to apply for grants. Chosen priority areas supported a range of different types of projects helping improve the population health outcomes of our local communities.

Highlights from 2022-23

£142,698.98 awarded to **38 grant applications**. Grant awards ranged from £150 to £58,000.

ELFT charity grants supported projects across **all ELFT service areas**.

Awarded projects showed **initiative, innovation, ambition and awareness of needs in local communities** including support for:

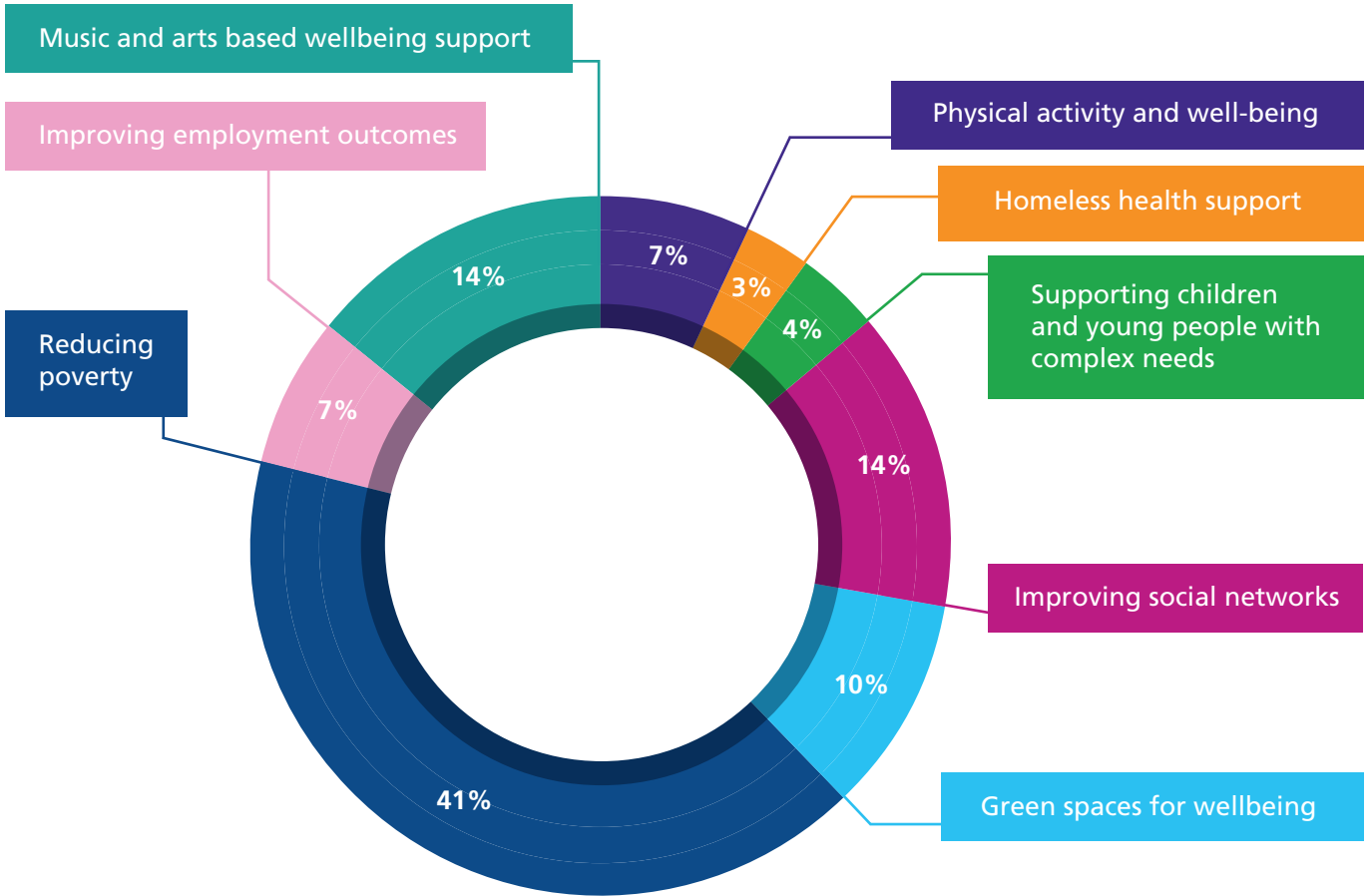
- Promoting health and wellbeing through outdoor community projects and physical activity.
- Providing opportunities for social connection, for example family fun days.
- Support for vulnerable population groups, such as children and young people with disabilities.
- Reducing health inequalities including through improving household income and employment prospects.

Quote from a fundraiser:

"I am a keen runner anyway but running for the ELFT Charity definitely puts a spring in my step!"

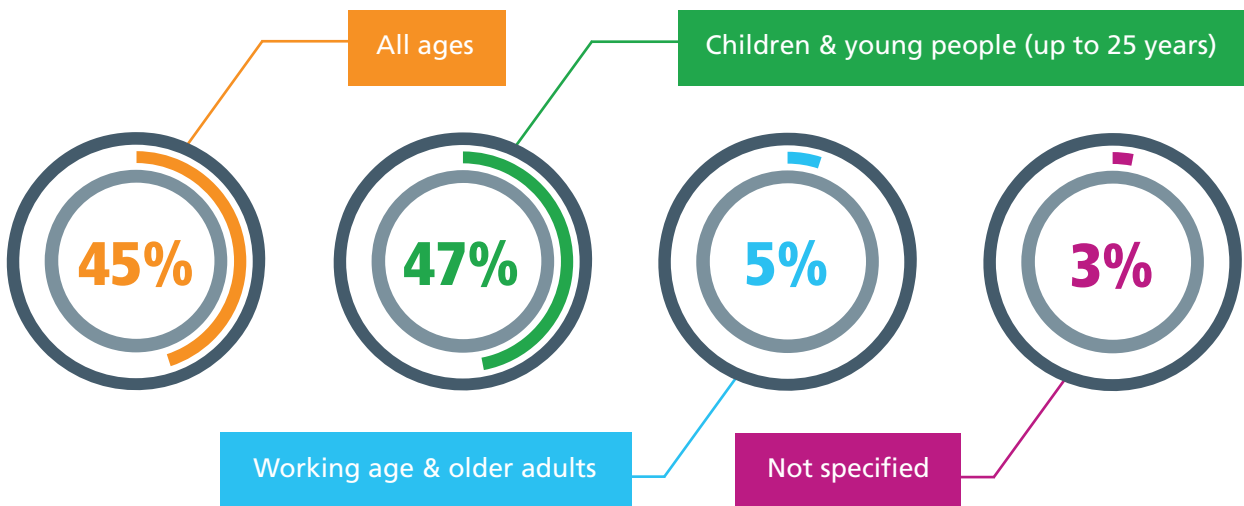


Proportion of Charity Spend by Project Type



Our grants are reaching a wide range of population groups that include the cultural diversity of the areas we serve and support all ages, with some grants targeted to specific age groups.

Grant Funding by Target Age Group*



*as specified in the grant application form

Number of Grants Awarded across ELFT service areas



ELFT Charity Webpage

See the QR code to find out how ELFT Charity monies have had an impact or go to <https://www.elft.nhs.uk/get-involved/elft-charity>



ELFT Charity Funded Projects

So what have we done with the money donated to the ELFT Charity? Read on to find out about some of the projects we have supported and their impact.

Newham Hope Garden

The Hope Garden started out as an attempt to convert the outside space of a mental health site into a more pleasant space. With funding from the ELFT Charity and donated materials from the DIY store Wickes, it has now become an active therapeutic space where people can meet, socialise and get their hands dirty. The benefits of gardening and being with nature have long been known to help with general wellbeing.

Andrew Casey Support Worker who leads all the work in the Hope Garden said:

“When the going gets tough, the tough get gardening. We see on a daily basis that our patients really benefit from being in The Hope Garden and caring for plants. It helps them think more clearly and feel more energised

which releases those all-important endorphins which improve mood.”

Diane Ball, Operational Lead at the Newham Crisis Hub & Newham Home Treatment Team said,

“Typically a patient who comes to the centre will be with us for 4-6 weeks. In addition to one-to-one consultations, the centre also offers group therapy in the form of art and garden therapy. Our patients can spend time in the garden growing plants and vegetables. Being able to look out on some green space is really helpful and calming.”

A service user designed and painted a mural of the ELFT Charity logo on a shed to thank the charity for its support. The garden project has now spread to other parts of the hospital campus.

ELFT Charity Funded Projects

Practical Support to Improve the Health of Homeless People

Hot meals, long-life food supplies, toiletries and winter clothing are just some of the items the ELFT Charity has been able to fund to support a series of events run by ELFT GP practices. These events are for homeless people and those in insecure accommodation and are a chance to have hot food and socialise. Although these events have a strong social focus, their primary purpose is to strengthen the health and resilience of these vulnerable groups by also offering flu and COVID-19 vaccinations, physiotherapy, health screening and smoking cessation services. As well as free haircuts and treats for pets.

The Speaker of Hackney, Councillor Humaira Garasia was guest of honour at one of these events. She said:

“This means a lot for the community in Hackney. Today we can really feel the love and togetherness. The services ELFT provides are essential and the love you are providing today really goes a long way and it makes a difference in everyone’s life who attended today.”

Luton Striders

The Luton Striders are a group of service users who led by ELFT’s People Participation team, come together to walk along the streets, parks and surrounding countryside in Luton. Funding from the

ELFT Charity has enabled the group to engage the services of specialist speakers and local historians to enable the group to get to know their local areas in more depth.

Walking is one of the best ways to be physically active. Walking with others is a social activity which is stimulating and involving. Participants are more likely to be committed to joining sessions which in turn will lead to greater social connectivity and a healthier lifestyle.

Connecting Families Who Have an Ill or Disabled Child

A Family Fun Day for children with disabilities and special needs was a hit with children and parents alike attracting over 80 families. The Specialist Children and Young People’s (SCYPS) team in Newham used a combination of ELFT Charity and Roald Dahl Children’s Charity funding to provide a magnificent networking day for families with a sick or disabled child. It included activities for siblings whose needs can often be secondary when they have an ill sibling. It provided an opportunity for parents to meet other parents, staff and voluntary sector organisations that can offer ongoing support.

One parent said,

“We were really happy to come along. We have been looking forward to it for days. It has been helpful to talk to people and see what support is available.”





Boxercise

ELFT Forensic Mental Health Services have used ELFT Charity funding to lay on Boxercise sessions for men under the care of the Trust. The sessions are led by a trained boxing professional who coaches participants on technique, movement, general fitness and sports discipline. Boxing plays an important role in popular culture and is an environment that men are drawn to and comfortable in. As well as being a source of exercise, the Boxercise sessions are a hub of social contact where men can build relationships, and follow and support each other's progress.



Therapy Bags

A bid from the Newham Children's Physiotherapy Team resulted in the ELFT Charity funding a bag of toys to support the development and rehabilitation of newborn babies. 'Let's Start' NHS sessions assess and support babies with complex birth histories or conditions requiring ongoing therapy support at home. This involves the use of play and toys that many families sadly cannot afford. The Charity was able to fund the bags and toys.

Physiotherapist Katie Walsh explains,

"Having all the items together in one place means if a baby is readmitted to hospital, the bag can go too so they can continue therapy even when in hospital. It helps parents to develop their babies' reach and grasp skills, body awareness, visual tracking, tactile sensory system and tolerate different positions for longer."



Charity Committee Members:

Aamir Ahmad (Chair) Vice Chair, ELFT
Ken Batty Non-Executive Director, ELFT
Kevin Curnow Chief Finance Officer, ELFT
Janet Flaherty Head of Communications, ELFT
Natalie Richards Operational Lead, ELFT Charity
Lorraine Sunduza Interim Chief Executive Officer, ELFT
Dr Mohit Venkataram Executive Director, Commercial Development, ELFT
Cathy Lilley Director of Corporate Governance, ELFT
Paul Binfield Director of People Participation, ELFT

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CLOSING WORDS

Dr Mohit Venkataram



I hope you have enjoyed hearing about the range of ways the ELFT Charity has been adding value and making a difference. This has been a groundbreaking year for the ELFT Charity. Although we have functioned as a charity for two years, our funding has been held by the charity arm of partner NHS trusts. This year, these funds were transferred and we now administer our own monies.

Whilst still in our infancy, the ELFT Charity is growing: setting up systems to make it easy for staff to apply for monies, with a rigorous and insightful committee to review applications. We have established a JustGiving page which means that any donations arrive instantaneously in the ELFT Charity account to be put to good use.

We have been fortunate this year to have received bequests from people who have given money in their wills to thank NHS services. We have benefited from prize donations which we have been able to raffle and from the extraordinary efforts of staff running marathons to raise money for the ELFT Charity.

I want to take this opportunity to thank those families and individuals who have helped us to increase our funds. It means that we can continue to support innovative and inspiring projects.

Over the last 12 months, we have been able to enrich people's lives by combining great ideas with financial backing. I am proud of what the ELFT Charity has achieved and look forward to doubling our efforts in the coming year - with a little help from our friends!

Thank you.

Dr Mohit Venkataram

Executive Director of Commercial Development on behalf of ELFT Charity | East London Foundation Trust

GOING FORWARD

Although this report relates to 2022-2023, the last 12 months have seen us fund many more ambitious and impactful projects. One of these is a grant to the Healthier Wealthier Families project, working in partnership with Newham Council and University College London. This project supports families with a child or children with a serious long-term health condition to see whether we can improve their finances. With expert input, unclaimed benefits are being identified which is proving a lifeline to these households in challenging times.

We were able to support two large social gatherings, one in Bedfordshire and one in East London, to mark the 75th Anniversary of the NHS. These well-attended events were an opportunity to connect with our local communities and showcase health services that can support them ... and, at the same time, have some fun and celebrate! We have also supported an ambitious forestry project which will impact on the wellbeing of local people for decades to come.

We have appointed a Fundraising Co-ordinator to spread the word about our work and explore new ways to generate income and fundraise for the Charity. A key objective in the coming months is to ensure that staff in all corners of the Trust know how they can apply for monies and identify initiatives that will make a difference.